

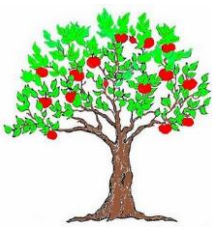




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Grandparents & Grandchildren sharing quality time at G&G on the 4th.	2 CLOSED <small>Labor Day</small>	3 Strength Training @10a Team Trivia @ 11a Cards games & puzzles BINGO 12:30p	4 Exercise @ 10a Wii sports Hoop Shoot 10a Pickle Ball 1-3p G&G craft & games 3-5p	5 Strength Training @ 10a Canasta @ 12:30p *Secrets of Catoctin Mountain @ 6	6 Exercise @ 10a Hoop Shoot 10a Nutrition Minute- 11a GFS 1pm @ FSC Canasta @ 12p Tai Chi @ 1p	
8 GFS Groceries for Seniors Sept. 6th <small>Grandparents' Day</small>	9 Exercise @ 10a Wii, puzzles and games Art class 1:30- 3:30p Bunco 3-6p	10 Register for Fall classes today! Strength Training @10a MAP: Empower Maryland 10a 12:00 Nutrition Minute	11 Exercise @ 10a Wii sports Hoop Shoot 10-12p Pickle Ball 1-3pm	12 Strength Training @ 10 Canasta @ 12:30p *Secrets of Catoctin Mountain @ 6p	13 Exercise @ 10a Craft Time 10a Hoop Shoot 10a Canasta @ 12p Tai Chi @ 1p	14 CraftTime- make & take a pumpkin decoration to celebrate Fall! \$5
15 Real ID Information about renewing driver license Sept 26th 11am	16 Exercise @ 10a Wii, puzzles and games Art class 1:30- 3:30p Bunco 3-6 Intro to Yoga 5-6p, \$3	17 Strength Training @10a Nurse Steve BPs & How does the US compare in Health for Seniors?10a	18 Exercise @ 10a Wii sports Hoop Shoot 10a Pickle Ball 1-3p Box Supper & Film on MD Trains- 3-5p \$5	19 Strength Training @ 10a Canasta @ 12:30p Line Dancing @ 11 *Secrets of Catoctin Mountain @ 6p	20 Exercise @ 10a Hoop Shoot 10a Canasta @ 12p Tai Chi @ 1p	21 
22 Registration for Fall (Oct-Dec) Classes & Trips opens on Tues. Sept. 10th. Online or at the center.	23 Exercise @ 10a Wii, puzzles and games Art class 1:30- 3:30p Bunco 3-6p Intro to Yoga 5-6p, \$3 <small>Autumn Begins</small>	24 Strength Training @10a Memory Café @11a with Home Instead & Kelly	25 Exercise @ 10a Wii sports Hoop Shoot 10a Pickle Ball 1-3p Make & Taste Healthy cooking 3-5p	26 Strength Training @ 10a MVA Real ID 11a Canasta @ 12:30p *Secrets of Catoctin Mountain @ 6p	27 Exercise @ 10a Hoop Shoot 10-12p Trip to Orchard & lunch out \$7.00 Tai Chi @ 1pm	28 NEW Fall Hours! Monday and Wednesday, 9a- 6p Tuesday and Friday- 9a- 4p Thursday- 9a-7p
29 	30 Exercise @ 10a Wii, puzzles and games Art class 1:30- 3:30p Bunco 3-6p Intro to Yoga 5-6p, \$3 <small>Rosh Hashanah (first day)</small>	<div>   <h1>September 2019</h1> <h2>EMMITSBURG SENIOR CENTER</h2> </div>				